

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

September 2023

SEPTEMBER CALENDAR



September is Whole Grains Month, Library Card Sign-Up Month, & Better Breakfast Month

- 1 National College Colors Day
- 2 World Coconut Day
- 3 National Cinema Day
- 4 Labor Day
- 7 International Day of Clean Air for Blue Skies
- 8 International Literacy Day
- 10 Grandparents' Day
- 11 National Day of Service & Remembrance
- 12 Ants on a Log Day
- 13 National Peanut Day
- 15 Hispanic Heritage Month Begins
- 16 Stepfamily Day
- 17 World Cleanup Day
- 19 Talk Like a Pirate Day
- 21 International Day of Peace
- 22 Fall Equinox
- 23 International Day of Sign Languages; Public Lands Day
- 26 Johnny Appleseed Day
- 29 International Day of Awareness of Food Loss and Waste



"Life starts all over again when it gets crisp in the fall."

—F. Scott Fitzgerald,
American writer (1896-1940)

Better Your Breakfast

September is Better Breakfast Month, which makes it a perfect time to consider changing up your breakfast routine. Making healthy choices for your first meal of the day will give you the energy to power through your morning.

Here are some healthy breakfasts people enjoy in other countries:

- **Mexico:** eggs, beans, and salsa wrapped in a tortilla
- **Japan:** rice, pickled vegetables, tofu, and seaweed
- **Greece:** feta cheese, cucumbers, tomatoes, olives, and bread
- **Switzerland:** Muesli (a mix of oats, seeds, and nuts) topped with berries

Other easy ways to make a healthier breakfast include adding **more fruit** to your meal, **choosing products with less sugar**, choosing **whole grain instead of white bread**, and adding **more protein foods** (such as eggs, yogurt, cheese, beans).



UNUSUAL FRUITS

Gum Drop & Cotton Candy Grapes

Cotton candy and gum drops may sound like candy, but the Cotton Candy and Gum Drops we're talking about are grape varieties. Gum Drop grapes are a pretty red-purple in color and seedless. They're sweeter than your average table grape, but not over-the-top sugary, instead boasting a lively, fruity aftertaste. Cotton Candy grapes are pale green and very sweet and juicy with a hint of vanilla. Both Cotton Candy and Gum Drop grapes are only in season for a short time each year - enjoy some while you can!



Cotton candy grapes



Gum drop grapes

Labor Day Closure

The FruitGuys will be closed in observance of Labor Day on Monday, September 4th, 2023. Enjoy the holiday!

CONTACT US: For more info on The FruitGuys Farm-to-School Program, School Bulletin suggestions, or questions about your Nutrition Education materials, contact Carol Stewart at 650-438-2842 or carol@fruitguys.com. • fruitguysfarmtoschool.com

Craft: Pressed Leaf Bookmark

International Literacy Day is September 8. Commemorate the day by making a pressed leaf bookmark to tuck between the pages of your favorite book.

MATERIALS:

- Small leaves
- Paper Towels
- Clear packing tape

DIRECTIONS:

1. Gather some small leaves (less than 1.5 inches wide).
2. Tuck the leaves between sheets of paper towel and place a weight on top (a heavy book works well for this). Let rest undisturbed for one week.
3. To assemble a bookmark, cut four 6-inch-long pieces of packing tape. Lay one piece on your workspace, sticky side up.
4. Arrange a few leaves on top of the tape.
5. Place a second piece of packing tape sticky side down on top of the leaves, making sure the edges match up with the first piece of tape.
6. Use the final two pieces of tape to reinforce the bookmark by placing one on each side.



Recipe: Carrot and Apple Slaw

Recipe by Miriam Wolf

Crunchy, colorful, and tangy, this slaw showcases apples, one of our favorite fall fruits.

INGREDIENTS:

- 3 medium carrots, peeled
- 2 medium apples, halved and cored
- 3 tablespoons Dijon mustard
- 3 tablespoons olive oil
- 3 tablespoon cider vinegar or lemon juice
- 2 tablespoons honey
- ¼ cup of sunflower seeds or chopped nuts
- Salt and black pepper to taste

PREPARATION:

1. Cut the carrots into matchsticks by cutting them lengthwise into thin slices, then stacking the slices and cutting through the stack to form matchsticks.
2. Cut the apple into matchsticks by using the same technique.
3. Add the matchstick apples and carrots to a serving bowl.
4. Whisk the mustard, olive oil, vinegar, and honey together. Add salt and pepper to taste.
5. Drizzle the dressing over the apples and carrots
6. Top with sunflower seeds or nuts. If not serving right away, add nuts or seeds right before serving.



Serves: 4. Prep time: 20 minutes

COLORING ACTIVITY

